



## HEALTH CHECK

### WHO NEEDS A WELL CHILD CHECK-UP?



Many health problems  
begin before your children  
look or feel sick.

If your child is on EqualityCare, he or she can get FREE Well Child **Health Check** Exams. These exams help keep your children healthy. Many health problems begin before children look or feel sick. Regular **Health Check** exams can find problems and treat them before they get worse.



### What is included in a well child health check?

- ⇒ A head to toe physical exam
- ⇒ Immunizations (shots)
- ⇒ Tests for anemia & lead
- ⇒ Height, weight and development check
- ⇒ Nutrition check (eating habits)
- ⇒ Vision, dental and/or health screening
- ⇒ Health information (potty training, biting, fighting, walking, talking)

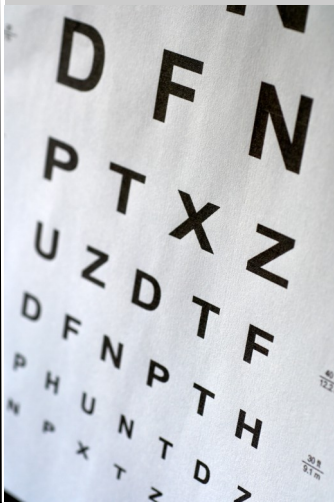
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#### Special points of interest:

- Well Child Check-Ups
- Healthy Eyes
- Back to School Tips
- Lead Testing and Your Child
- Client Web Portal
- Important Telephone Numbers

## HEALTHY EYES & YOUR CHILD'S ABILITY TO LEARN



20/20 vision across the room does not mean your child has perfect vision for the classroom.

### Is Vision Affecting Your Child's Ability to Learn?

- ◆ Headaches, especially above the eyes
- ◆ Red or watery eyes when reading
- ◆ Rubs eyes
- ◆ Eyes wander
- ◆ Closes or covers one eye
- ◆ Tilts head or turns paper
- ◆ Moves head or lips when reading
- ◆ Avoidance of near work, especially reading



Vision is involved in 80% of what we learn. However, 1 in 4 students have vision problems that may affect their ability to learn. Most of these vision problems affect your child's ability to see clearly and comfortably at near, including reading and computers. So, **20/20** vision across the room **does not mean** your child has **perfect vision for the classroom**. Problems with eyes blurring and keeping eyes aligned and tracking while reading can all affect how well your child learns.

Help your child prepare to be a successful student by having a yearly vision exam with your eye doctor. Also, follow through if your school nurse or your child's teacher suspects that vision problems may be causing your child to not be performing at their very best. Most vision problems are treatable with glasses or vision therapy. So help your child be successful this year: **Start with having their eyes checked.**

## BACK TO SCHOOL

### Physical Exam

Whether your child plays school sports or not, don't forget a physical exam. Back to school checkups not only helps to find problems and treat them before they get worse, they give you a chance to ask questions about your child's health and development. Questions you may wish to ask a doctor about concerning your teenager include adolescent issues of drinking, smoking, drugs, sexual activity, and depression.



### Traveling To and From School

Review the basic rules of safety with your child.

#### *School Bus:*

- ◆ Wait for the bus to stop before approaching it.
- ◆ Do not move around on the bus
- ◆ Check to see that no other traffic is coming before crossing.

#### *Bike:*

- ◆ Always wear a bicycle helmet.
- ◆ Ride in the same direction as traffic.
- ◆ Use appropriate hand signals.
- ◆ Respect traffic lights and stop signs.
- ◆ Know the "rules of the road."

#### *Walking:*

- ◆ Make sure your child's walk to school is a safe route with well-trained adult crossing guards.

### Making the First Day Easier

- ◆ Remind your child that she is not the only student who is a bit uneasy about the first day of school.
- ◆ Point out the positive aspects of starting school: It will be fun. He'll see old friends and meet new ones.
- ◆ Find another child in the neighborhood with whom your youngster can walk to school or ride with on the bus.
- ◆ If possible, drive your child (or walk with her) to school and pick her up on the first day.

### Developing Good Homework and Study Habits

- ◆ Create an environment that is favorable to doing homework. Young children need a permanent work space that is quiet.
- ◆ Set aside ample time for homework
- ◆ Establish a household rule that the TV set stays off during homework time.
- ◆ Be available to answer questions and offer assistance, but never do a child's homework for her.
- ◆ Have your child take a short break if needed to stretch and rest his eyes.
- ◆ If your child is struggling with a particular subject, and you aren't able to help her yourself, a tutor can be a good solution. Talk it over with your child's teacher first.



## LEAD TESTING AND YOUR CHILD

### History of Lead

Lead-based paint can be found on the painted surfaces inside and outside of many residences built before the 1978 ban. The U.S. Department of Housing and Urban Development (HUD) estimates that 83 percent of private housing and 86 percent of public housing built prior to 1980 contain lead-based paint. In addition, the older the home, the more likely it is to contain lead-based paint. That's because lead based paint was widely used during the first several decades of the 20th century. It was not until the 1950's that the use of lead-based paint in homes began to decline noticeably. During the 1950's, latex paint which seldom contains lead became the dominant paint for interior walls. Although the use of lead-based paint in homes continued to decline throughout the 1960's and 1970's, its use was not stopped altogether until it was banned in 1978.

### Lead Concerns

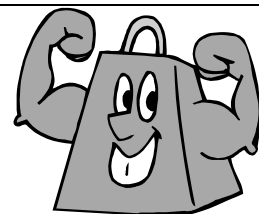
- ◆ Lead exposure can be dangerous, especially to children ages 6 and younger.
- ◆ Exposure to lead-contaminated dust, not lead-based paint, is the most common way to get lead poisoning.

### Did you know?

- ◆ A child does not have to eat paint chips to get lead poisoning. It is more common for a child to get lead poisoning by swallowing lead dust.
- ◆ Children who eat healthy foods are less likely to get lead poisoning. Your family, especially your children, should be tested for lead. It is the only way to detect lead poisoning.

### Lead poisoning can be prevented

- ◆ Some simple steps like keeping your home clean and feeding your family a well-balanced diet will go a long way in preventing lead poisoning.
- ◆ Make sure your children eat at least three meals a day. Less lead is absorbed when children have food in their systems.
- ◆ Give your children foods high in iron and calcium, such as milk, cheese, fish, peanut butter, and raisins. When a child does not have enough iron or calcium in his or her body, the body mistakes lead for these nutrients. A diet lacking protein, vitamin C, and zinc may also cause increased blood-lead levels.
- ◆ Avoid giving your children fried and fatty foods. These foods allow the body to absorb lead faster. Cut down on fat by baking, broiling, or steaming food.



## CLIENT WEB PORTAL



By Mid-September 2009 EqualityCare's client website will be available and offer you the following:

- ◆ Opportunity to Ask EqualityCare questions.
- ◆ Ability to request a replacement Client EqualityCare ID Card.
- ◆ Check your eligibility.
- ◆ Make transportation requests when covered by your benefit plan. Certain requests will still need to be made with the ACS Transportation Call Center.
- ◆ HealthCheck and other client Newsletters will be available
- ◆ Find an EqualityCare doctor, dentist, hospital or clinic.
- ◆ Contract Information—phone numbers, addresses and/or websites for ACS Client Relations, ACS Transportation, WDH/OHCF, APS Healthy Together Program, DFS County Offices, and Kid Care Chip.
- ◆ Electronic copy of the EqualityCare Handbook.
- ◆ Frequently Asked Questions.

To access the Client Web Portal go to <http://wyequalitycare.acs-inc.com> and select "I am a client".

## THROWING OUT UNWANTED MEDICATIONS

Following are guidelines for throwing out unwanted medications at home:

- ◆ **Keep the medication in its original container.** The labels may contain safety information and the caps are typically childproof. Scratch the patient's name out or cover it over with a permanent marker.
- ◆ **Modify the contents to discourage children from swallowing the medication:**
  - \* *Solid Medications:* Add a small amount of water or vinegar to pills or capsules to partially dissolve them.
  - \* *Liquid Medications:* Add enough table salt, flour, charcoal, or non-toxic powdered spice, such as turmeric or mustard to make a pungent, unsightly mixture that discourages anyone from eating it.
  - \* *Blister packs:* Wrap packages containing pills in multiple layers of opaque tape like duct tape.
- ◆ **Seal and Conceal.** Tape the medication container lid shut with packing or duct tape. Put it inside a non-transparent bag or container such as an empty yogurt or margarine tub to ensure that the contents cannot be seen.
- ◆ **Discard the container in your garbage can...**do not place in the recycling bin. Do NOT conceal medicines in food products because they could be eaten by wildlife scavengers.

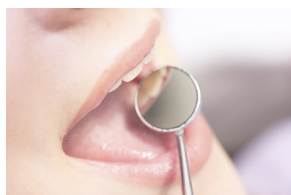


## WHERE SHOULD I TAKE MY CHILD FOR CHECKUPS?



Your doctor, a clinic, health center, or local health department can provide Well Child **Health Checks**. It is best to establish a "medical home", a place where they know your child's history. Find a place in

your area to provide this medical home. For Dental exams, make an appointment with a dentist in your area.



## MAKING AN APPOINTMENT...

- > You may make an appointment directly with your child's doctor or dentist (ask if they will accept EqualityCare before making the appointment).
- > It is important for you to keep your child's appointment. The doctor and dentist reserve time especially for your child. If you cannot keep your child's appointment, call and tell them as soon as possible.
- > When you go for your child's appointment, take your child's EqualityCare card and immunization record.

## WHEN SHOULD MY CHILD HAVE A HEALTH CHECK?

Getting a Health Check at the right time is the best way to make sure your child gets the medical care he or she needs.

### Babies need check-ups at:

- ✓ 1 month
- ✓ 2 months
- ✓ 4 months
- ✓ 6 months
- ✓ 9 months
- ✓ 12 months

### Toddlers need checkups at:

- ✓ 15 months
- ✓ 18 months
- ✓ 24 months (2 years)

### Young children need checkups at:

- ✓ 3 years      ✓ 5 years
- ✓ 4 years      ✓ 6 years



### Older children and Teenagers need:

- ✓ A checkup every year

## WHO SHOULD I CALL?

- If you have any questions on your EqualityCare benefits please contact ACS at 1-800-251-1269.
- For Children's Special Health (CSH) eligibility, call your local Public Health Nursing (PHN) office. For information on services and limitations for the CSH programs, call (307) 777-7941 or 1-800-438-5795.
- For travel reimbursement, call 1-800-595-0011.
- To apply for assistance in purchasing nutritional food items (i.e. formula, juice, milk, eggs, etc.) through the Women, Infants, and Children (WIC) program, contact your local WIC office.



### For children enrolled in KidCare CHIP:

- If you have any questions on your KidCare CHIP health or vision benefits, please contact Blue Cross Blue Shield of Wyoming at 1-800-209-9720.
- If you have any questions on your KidCare CHIP dental benefits, please contact Delta Dental at 1-800-735-3379.

*\* KidCare CHIP is not an EqualityCare Program*



Visit our website at  
<http://wdh.state.wy.us/healthcarefin/index.html>



Wyoming  
Department of Health  
Office of Healthcare Financing

Our mission is to promote,  
protect and enhance the health  
of all Wyoming citizens.



The Wyoming Department of Health is the primary State agency for providing health and human services. It administers programs maintaining the health and safety of all citizens of Wyoming.

#### Mission

We envision a Wyoming in which all citizens are able to achieve their maximum health potential: a Wyoming in which early intervention, wellness, health promotion, and health maintenance programs are the primary approach for solving health problems: a Wyoming in which at-risk citizens receive culturally appropriate and sensitive services: a Wyoming in which we and future generations are healthy, vital, and productive so as to seize the opportunity to live our individual dreams and enjoy the benefits of our bountiful resources and natural beauty.

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YOUR HEALTH CHECK NEWSLETTER



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